



# Managing — CONFLICT —

## 1. Keep hostility out of communication:

- Disengage and calm down
- Plan ahead
- Rehearse
- Meet at low stress times
- Use active listening skills
- Regulate emotions
- Use problem-solving skills

## 2. Plan a time to talk with an adult in your life about an issue.

Work on an easy problem, one that involves a slightly difficult issue with a little conflict or emotion, but not TOO much. Save the bigger issues for later - after you have a good amount of practice.

Remember...

**a) Keep hostility out of communication**

**b) Use the Problem-Solving WorkSheet.** Guide the discussion with the steps on the worksheet. *(See our blog: Family Problem-Solving: Turning Everyday Problems into Solutions)*

**Step 1:** State what you would like in the future.

**Step 2:** Brainstorm and write down ways to solve the problem.

**Step 3:** Cross out ideas that will not work. Then consider pros and cons for each remaining idea.

**Step 4:** Combine solutions and create a plan. Be realistic.

**Step 5:** Write out the details for your plan. Be specific about what you will do and when. Be sure to get everyone's signature.

**Step 6:** Try it out!

## 3. Continue using Tokens and Short Family Meetings.